

Pork Stir Fry

Pork stir fry can be made in dozens of ways, and can be a great way to use up left over bits of vegetables. It can be made with, or without, rice. Perfect meats include: rib meat, dried out chops, organ meat, and sausage. The flavors and mixtures make for a quick meal on warm summer's evening. A light coating of vegetable oil may be needed. Pork stir fry can be cooked on the grill, if needed, especially after a power outage. Add a dash or two of vegetable oil to a grill packet with the diced meat and vegetables.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Broccoli

Mushrooms

Pepper

Pork

Potatoes

Sausage

Spices

Meatless Preparation Avoid:

Butter

Pork

Sausage

Substitute with: _____

Utensils:

Chopping board
Fork
Pot holders
Steak knife
Wooden spoon
Pan: 8 inch frying pan

Ingredients:**Meat:**

Chops
Rib meat
Sausage
Tenderloin

Vegetables:

15 ounces of broccoli
15 ounces of carrots
15 ounces of corn
15 ounces of peas

Other ingredients:

2 tablespoons of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Chop:
 - 15 ounces of broccoli
 - 15 ounces of carrots
2. Chop 2 cups of one of the following:
 - Chops
 - Rib meat
 - Sausage
 - Tenderloin
3. Add a teaspoon of cooking oil to pan.
4. Add to pan:
 - 15 ounces of broccoli
 - 15 ounces of carrots

15 ounces of corn

15 ounces of peas

Dash of salt

Spices, such as pepper, to taste.

5. Cook on medium heat until it reaches a light boil.

6. Lower heat and simmer.

7. Stir frequently until done.

Cook Temperature: Medium to low heat

Cook Time: 20 to 30 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).

2. Heat until food is fully hot and reaches a safe temperature.

3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.

2. Add enough water to almost cover food.

3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.

2. Add a little water.

3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.